



HAMPTON PARKOUR

Hampton Recreation presents...

PARKOUR
GENERATIONS
AMERICAS

This is an “Intro to Parkour”. Students train to develop strength, speed, endurance, precision, spatial awareness, dynamism, and creativity in order to be as fluid, functional and liberated as possible in physical movement and to overcome physical obstacles.

When: Feb 22-26th

Where: Hampton Academy Lower Gym

Who: Ages 6-12

Time: 9am-12pm

Cost: \$150

***Space is limited to 15 kids**



Run. Jump. Conquer

